

Stratford Chefs School – Mother's Day 2020
Cinnamon Bun

CINNAMON ROLL DOUGH					NOTES:
Amt	Ingredient	Prep	TOOLS REQUIRED		- Warm milk to 85-105F to activate or bloom dry active yeast 5-10 mins. If it doesn't at least double in size check both expiration AND open date of yeast
1 cup	Whole Milk		Pot	Mix bowl	
2 Tbs	Sugar	2&2	Spatula	Bloom jar	
1 Tbs	Dry Active Yeast		Proof bowl	Saran wrap	
3.5 cup	All Purpose Flour		Nonstick spray	Pastry brush	
2 tsp	Baking Powder		Knife	Casserole	
2 tsp	Kosher Salt				
2 Tbs	Sugar				
1	Egg	Beaten			
6 Tbs	Butter	Browned			
As necc	Cooking Spray				

METHODOLOGY

PROOFING & MIXING THE DOUGH

- HEATING LIQUIDS / PROOFING YEAST**
 - Warm milk approx 95oF – transfer to a large container, then add yeast and sugar
 - let sit 4-8 mins or so until frothy and yeast is BLOOMED (at least double in size)
- MIXING THE DOUGH**
 - In a bowl flour with baking powder and salt and 2 Tbs of sugar
 - combine the wet ingredients (warm/bloomed milk, egg and melted butter)
 - mix to combine ingredients by hand in bowl – then transfer to lightly floured surface to knead by hand till light spring back occurs (2-4 mins)
 - add a touch of milk and or flour if necessary depending on consistency of dough

FIRST PROOFING OF DOUGH

- Spray large bowl with non-stick spray, (allowing dough to double in size)
 - cover with saran or lid – rest in warm spot 1.5 hours (till doubles)
- Fold dough to degas (don't punch)
 - transfer back to proofing container – place in fridge minimum 1hr up to overnight

ROLLING / BRUSHING THE DOUGH [with cinnamon roll filling recipe] / SHAPING

- Once chilled to a firmer dough; roll out to approx. 16" x 10" square ¼" to 1/3" thick
- Brush the dough with melted or **BROWNED** butter [from cinnamon filling recipe], leaving a 1/2-inch border along the top edge (not brushed with butter or cinnamon)
 - Sprinkle the filling mixture over the dough/butter, leaving a 3/4-inch border along the top edge; gently press the filling into the dough.
- Beginning with the long edge (16") nearest you, roll the dough into a tight cylinder
 - Firmly pinch the seam to seal and roll the cylinder seam side down.
 - Very gently squeeze the cylinder to create even thickness.
- Using a serrated knife, slice the cylinder into 9 even pieces – (1½"-inch rolls; 1 ¾" thick)
- Arrange cut rolls in 9" X 13" casserole sprayed with non-stick – allowing spacing between
 - the dough is now shaped and ready for secondary fermentation (quick or slow)

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SECONDARY PROOFING & BAKING / THE DOUGH

- SLOW FERMENT - Once rolls are in new casserole sprayed with non-stick - cover tightly with plastic wrap and store in the refrigerator 2-16 hours (overnight)
-- remove from fridge and allow to double in size (approx 1-2 hours)

COOKING THE CINNAMON ROLLS

- Preheat oven to 350F
- When the oven is hot and buns are proofed, place the rolls in the middle rack
-- bake 350F until golden brown, or internal temperature is 190F (approx. 30-35mins)
- Remove from oven –brush with melted or browned butter / allow to cool

CINNAMON ROLL - FILLING					NOTES:
Amt	Ingredient	Prep	TOOLS REQUIRED		- browning of butter for the layering of the sugar is optional – melted butter will work just as fine -- butter must be melted but not HOT!!!
8oz	Brown Sugar		Bowl	spoon	
1 Tbs	Cinnamon	Ground	Frying pan	Whisk	
Pinch	Salt		Cooling bowl	Pastry brush	
6 Tbs	Butter	Browned			
METHODOLOGY					
<ul style="list-style-type: none">Combine the brown sugar, cinnamon and salt in a medium bowl. Mix until well incorporated. -- Set aside until ready to use.TO MAKE BROWN BUTTER (optional) – melted butter will suffice) -- Take whole butter and cook in pan, medium heat stirring occasionally until solids turn brown; remove from heat immediately; cool -- to make enough brown butter to drizzle on top after buns come out of oven double the butter quantity					

CREAM CHEESE ICING					NOTES:
Amt	Ingredient	Prep	TOOLS REQUIRED		- Vanilla is a great addition – add after cream cheese, before icing sugar - buns must be cool to apply icing!!
½ cup	Butter	Tempered	Bowl	Beater	
½ cup	Cream cheese	Tempered	Spatula		
2 cup	Icing Sugar				
1-2 tsp	Vanilla	optional			
METHODOLOGY					
<ul style="list-style-type: none">• Temper both butter and cream cheese<ul style="list-style-type: none">-- in bowl with paddle attachment(or with hand beater) beat butter to soft/malleable-- then add the cream cheese – mix to soft and fully incorporated-- then add the 2 cups icing sugar (starting slow but moving to higher speed)-- beat whisk till incorporated / and resembles frosting• Be sure buns are cool before applying the icing (as butter will melt easily)					

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